

Abstrak

PENGARUH USIA PERTAMA PEMBERIAN MP-ASI, POLA KONSUMSI PROTEIN, SENG DAN PERILAKU KADARZI TERHADAP KEJADIAN STUNTING PADA BALITA UMUR 12-23 BULAN (Studi di Puskesmas Sejangkung Kabupaten Sambas Kalimantan Barat)

*Denni Citra, Dyah Umiyarni Purnamasari, Atikah Proverawati
Program Studi Ilmu Gizi, Universitas Jenderal Sudirman*

Latar Belakang: Masa 1000 Hari Pertama Kehidupan merupakan masa pertumbuhan dan perkembangan otak yang sangat cepat dan kritis. Stunting pada balita disebabkan pemberian MP-ASI dini, pola konsumsi protein dan seng kurang serta perilaku Kadarzi belum baik. Tujuan penelitian mengetahui pengaruh usia pertama pemberian MP-ASI, pola konsumsi protein, seng dan perilaku Kadarzi terhadap kejadian stunting.

Metodologi: Penelitian ini merupakan studi observasional analitik melalui pendekatan *cross sectional*, teknik *cluster sampling* diperoleh 39 balita stunting di Puskesmas Sejangkung. Instrumen penelitian menggunakan kuesioner, formulir FFQ dan penilaian indikator Kadarzi. Analisis data univariat, bivariat (*chi-square*) dan multivariat (regresi logistik).

Hasil Penelitian: Hasil analisis bivariat menunjukkan tidak ada hubungan antara usia pertama pemberian MP-ASI ($p=0,908$) dan perilaku Kadarzi ($p=0,370$) terhadap kejadian stunting, ada hubungan antara pola konsumsi protein ($p=0,000$) dan pola konsumsi seng ($p=0,000$) terhadap kejadian stunting. Hasil analisis multivariat menunjukkan pola konsumsi seng paling dominan berpengaruh terhadap kejadian stunting ($p=0,002$).

Kesimpulan: Tidak ada hubungan antara usia pertama pemberian MP-ASI dan Perilaku Kadarzi terhadap kejadian stunting, ada hubungan antara pola konsumsi protein dan seng terhadap kejadian stunting. Pola konsumsi seng paling dominan berpengaruh terhadap kejadian stunting

Kata Kunci: Kadarzi, Pola konsumsi protein, Pola konsumsi seng, Stunting, Usia pertama pemberian MP-ASI

Abstract

THE INFLUENCE OF THE FIRST AGE OF COMPLEMENTARY FEEDING, PROTEIN AND ZINC CONSUMPTION PATTERNS, AND THE NUTRITION CONSCIOUS FAMILY BEHAVIOR ON STUNTING AMONG CHILDREN AGED 12 TO 23 MONTHS (Study at Sejangkung Health Center in Sambas District of West Kalimantan Province)

*Denni Citra, Dyah Umiyarni Purnamasari, Atikah Proverawati
Program Studi Ilmu Gizi, Universitas Jenderal Soedirman*

Background: The first 1000 days of life is a rapid and critical growth period and development of the brain. Stunting caused by early complementary feeding, poor protein and zinc consumption patterns and the nutrition conscious family behavior. This study aimed to determine the influence of the first age of complementary feeding, protein and zinc consumption patterns, and the nutrition conscious family behavior on stunting.

Methods: This research was an observational analytic study with a cross sectional approach with cluster sampling technique was obtained by 39 stunting children at Sejangkung Health Center. The research instrument used questionnaire, FFQ form and evaluating indicator of the nutrition conscious family behavior. Data analysis used univariate, bivariate (chi-square) and multivariate (logistic regression).

Results: The result of bivariate analysis showed that there was no association between the first age of complementary feeding ($p=0,908$) and the nutrition conscious family behavior ($p=0,370$) on stunting, there was a relationship between protein consumption patterns ($p=0,000$) and zinc consumption patterns ($p=0,000$) on stunting. The results of multivariate analysis showed that zinc consumption patterns was the most dominant influence on stunting ($p=0,002$).

Conclusion: There was no association between the first age of complementary feeding and the nutrition conscious family behavior on stunting, there was a relationship between protein consumption patterns and zinc consumption patterns on stunting. The zinc consumption patterns was the most dominant influence on stunting.

Keywords: The nutrition conscious family behavior, Protein consumption patterns, Zinc consumption patterns, Stunting, The first age of complementary feeding.